

U.S. Representative Patrick K. Ryan 18th District of New York

United States Service Academies Nominations Packet Class of 2028

Application Deadline: October 31, 2023



Dear Applicant,

Congratulations on your decision to apply to one of our nation's Service Academies. You have taken the first step in pursuing an exciting, rewarding, and challenging career serving in our Armed Forces. The United States Service Academies offer the best education in the world and the opportunity to serve as a commissioned officer in the United States Armed Forces upon graduation.

As your representative, it is my honor to be a small part of one of our country's oldest traditions by nominating the Hudson Valley's most accomplished and motivated young people for acceptance into a Service Academy. To complete your application to the U.S. Military Academy, the U.S. Naval Academy, the U.S. Air Force Academy, and the U.S. Merchant Marine Academy you must not only meet the admissions requirements for the Academy, you must also receive a Congressional nomination.

I have chosen a Service Academy Selection Board of distinguished and experienced members of our community who will review your application, conduct your interview, and present their recommendations for nomination. This process is extremely competitive with a limited number of nominations available, so I encourage you to apply through other nominating authorities as well, and to consider the U.S. Coast Guard Academy, Reserve Officer Training Corps (ROTC) programs, and Officer Training Schools, which do not require nominations.

My office will start accepting completed applications on August 1, 2023, and we must receive all information no later than October 31, 2023, for those interested in entering one of the Service Academies in the summer of 2024.

No matter how you decide to serve our country, it is an honorable and selfless choice. I am proud to represent you in Congress.

Sincerely,

Patrick K. Ryan Member of Congress

Application Packet

Class of 2028 Timeline

Representative Ryan strongly encourages applicants to begin their application process for applying to one of the Service Academies between their junior and senior year of high school.

The application process includes requesting a nomination from one of the nomination sources and application for admission to the service academy.

Summer 2023:

Establish candidacy with the academy or academies you wish to attend. This can be done as early as May 1, and as soon as possible if it has not already been done.

U.S. Naval Academy: https://www.usna.edu/Admissions/index.php
 U.S. Military Academy: https://www.usmma.edu/admissions
 U.S. Air Force Academy: https://www.usmma.edu/admissions

 https://www.usmma.edu/admissions

 http://www.academyadmissions.com/

U.S. Coast Guard Academy (http://www.cga.edu) does not require a Service Academy nomination. For more information regarding admissions to the Academy, contact the USCG's Admissions Office at 800.883.8724 or 860.444.8503

August 1, 202

Representative Ryan will begin to accept completed application packets on August 1, 2023.

Due to the high levels of competition for nominations, you are urged to apply to every nominating authority, which eligibility allows. This includes the President, the Vice-President, your U.S. Senators, Secretaries of the Navy, the Army, and the Air Force, and the superintendents of your selected academies. If you receive a nomination from another authority, please inform Representative Ryan's office immediately.

Do Not Forget: In addition to submitting the nomination application to the District Office, you must also remember to complete and submit the requisite admissions application to your academy or academies of choice.

The following information is needed to complete your applicant file:

- A completed Service Academy Nomination Application Form
- Recent photograph
- Resume
- An official transcript from all high schools, junior colleges, or colleges you have attended
- In no more than 500 typed words explain why you want to attend a U.S. Service Academy
- SAT or ACT scores. Your best verbal and math scores will be used.
- Three letters of recommendation

All this information should be sent to Representative Ryan's District Office at:

U.S. Representative Patrick K. Ryan Service Academy Nomination Application Attn: Joe Paone 605 Broadway Newburgh NY 12550

October 31, 2023:

Complete your nomination application by October 31, 2023

All applicants who have submitted their completed application materials by October 31, 2023, will be contacted by Representative Ryan's office to schedule their interview with Representative Ryan's Service Academy Selection Board. You are encouraged to follow up with Representative Ryan's office to confirm receipt of your completed application.

December 2023:

Interviews with Representative Ryan's Service Academy Selection Board will usually be conducted during the first weekend of December at a location to be announced. This is the final step in the nominations process.

Winter 2023/2024:

Once Representative Ryan's Service Academy Selection Board makes their recommendations to Representative Ryan, his office will submit nominations to the respective Academy no later than January 31, 2024.

Once the nomination is submitted to the Academy, the process of receiving an appointment to the Academy is now at the discretion of the Service Academy- **not Representative Ryan's office.**

Nomination applicants are notified of their nomination status no later than January 31, 2024.

Spring 2024:

Academies will notify most applicants of their official status by mid-April 2024.

If you decide NOT to pursue a nomination to the Service Academies, please notify our office so that we may close your file.

OR

If you receive a nomination from Representative Ryan to one of our Service Academies and subsequently choose to terminate your application to that Service Academy, please notify Joe Paone at Representative Ryan's District office immediately at 845-443-2930.

Minimum Requirements

IMPORTANT: Below are the minimum requirements for all the U.S. Service Academies (that require a nomination from a Member of Congress). **Please keep in mind that applicants who do meet these requirements are eligible to attend a U.S. Service Academy, however, it does not guarantee a Congressional Nomination and admission into a U.S. Service Academy.** If you have not yet started a file at the academy of your choice, please do so immediately.

Academy	Minimum Requirements	Minimum Standardized Test Score(s)
U.S. Naval Academy Office of Admissions 52 King George Street Annapolis, MD 21402-1318 (410) 293-1858	 U.S. Citizen Be at least 17 but not past your 23rd birthday by July 1 of the year you enter the Academy Unmarried/No Dependents Nomination Required PAE and DODMERB exams Midshipmen who graduate will receive a commission in either the Navy or Marine Corps and are obligated to a 5-year commitment following commissioning 	NONE
U.S. Air Force Academy Office of Admissions 2304 Cadet Drive, Ste 2300 USAF Academy, CO 80840 1-800-443-9266	U.S. Citizen Be at least 17 but not past your 23rd birthday by July 1 of the year you enter the Academy Unmarried/No Dependents Nomination Required CFT and DODMERB exams Commissioned officer in the Air Force for at least eight years after graduation, five of which must be active duty, remaining three years as inactive reserve	SAT V-580, M-560 ACT E/R-24, M/S-25 Highest is taken
U.S. Military Academy Office of Admissions Building 606 West Point, NY 10996 (845) 938-4041	 U.S. Citizen Be at least 17 but not older than 22 on July 1 of the year they enter West Point Unmarried/No Dependents Nomination Required PAE and DODMERB exams Commissioned as a second lieutenant in the Army and serve for five years on active duty, if you choose to depart the Army after five years, you will be required to serve three years in the Inactive Ready Reserve 	SAT V- 560, M-560 ACT English -> 23 ACT Math -> 24 ACT Reading -> 24 ACT Science Reasoning -> 23 Highest is taken
U.S. Merchant Marine Academy Office of Admissions 300 Steamboat Road Kings Point, NY 11024 (516) 726-5646	 U.S. Citizen Be at least 17 years of age and must not have passed your 25th birthday before July 1 in the year of entrance No Marriage Restrictions Nomination Required PAE and DODMERB exams Commissioned officer in the U.S. Navy Reserve, U.S. Coast Guard Reserve, or any other Reserve or National Guard unit of an armed force of the United States and serve for 8 years 	SAT V-560, M-560 ACT E/R-24, M/S-24 Highest is taken

PAE: Physical Aptitude Exam / CFT: Candidate Fitness Test / DODMERB: Department of Defense Medical Examination Review Board



Application for Nomination to a U.S. Service Academy

2023-2024 APPLICATION PACKET CHECKLIST

Each applicant is required to submit the following documentation if they wish to be considered to receive a Congressional Nomination from Representative Ryan. The required documentation must be submitted to Representative Ryan's Newburgh District Office in one complete mailing postmarked by October 31, 2023. Applicants that fail to submit their completed application packet by the deadline will not be considered for a nomination.

APPLICATION FORM with CURRENT WALLET SIZE (2"x3") PHOTO This form must be legibly written and <u>signed</u> by applicant.
RESUME (2 page maximum) Applicants are required to submit their personal resume to provide a summary of their skills, abilities and accomplishments. Resumes should include a listing of all extra-curricular activities, work experience, awards and honors. Please consider utilizing the resume template enclosed in the application packet.
PERSONAL ESSAY (maximum 500 words) Applicants are required to answer the following essay question: <i>Why do you want to attend a U.S. Service Academy</i> ? The essay is the best opportunity for applicants to illustrate their strengths and character.
LETTERS OF RECOMMENDATION (3) Applicants are required to submit three (3) letters of recommendation. Representative Ryan encourages each applicant to submit a letter of recommendation from guidance counselors, educators, religious/community leaders, coaches, and employers. If the applicant wishes to submit additional letter of recommendations, Representative Ryan's office will only accept two additional letters of recommendations.
OFFICIAL COPY OF HIGH SCHOOL TRANSCRIPT Transcripts must include the applicant's GPA through their junior, class rank, and courses currently in progress.
OFFICIAL COPY OF COLLEGE TRANSCRIPT (if applicable)
COPY OF SAT/ACT SCORES Each applicant is required to submit a copy of their standardized test (SAT/ACT) scores. Applicants must carefully consider the testing dates they register for to ensure that they will be able to submit a copy of their scores to Representative Ryan's Newburgh District Office by the October 31, 2023, deadline. Our ACT code is 7561 and our SAT code is 2880.

Deadline for postmarking completed application packet is October 31, 2021
Mail to U.S. Representative Patrick K. Ryan
Service Academy Nomination Application
Attention: Joe Paone
605 Broadway
Newburgh, NY 12550

PLEASE NOTE: In addition to seeking a nomination from Representative Ryan, we strongly encourage each applicant to apply for a nomination with all the available nominating authorities that include the President, the Vice-President, your U.S. Senators, Secretaries of the Navy, the Army, and the Air Force, and the superintendents of your selected academies. Please contact each office for more information on their respective nomination application process, as each office's process will vary.



Application for Nomination to a U.S. Service Academy

2023-2024 APPLICATION FORM

Please print legibly

Full Name:			
(Last)	(First)	(Middle)	(Preferred First Name)
Date of birth: /	/ Gender:		
	U.S. Citizen: ☐ Yes ☐No		
Current Mailing Address:	(Street / P.O. Box)		
	(City) (State)	(Zip)	
Mobile Telephone Numbe	и:	Home Telephone Numb	per:
Would you like to receive	text messages during the nor	mination process? □Yes □ No	
Email Address:			
Name of parent(s) or legal	guardian(s):		
May the above be contacte	d on your behalf regarding the	e nomination process: □Yes □No)
If yes, contact number			
Are you the dependent of	an active or retired member of	of the United States military? \Box Y	es □ No
Are you currently or former	erly enlisted in the United Sta	ates military? □Yes □ No If yes	s, which branch:
High School Attending/ed	:		
	(School Name)		(School Phone Number)
High School GPA:	Class Rank:	/	
College Attending (if appr	ropriate): (School Name)		(School Phone Number)
College GPA:	(School Ivalie)		(School Fhone Pulmber)
Have you attended an Aca	demy Summer Leadership So If yes, which Academy Lead		
Are you currently attendin	ng an Academy Preparatory S	chool? □Yes □ No	
Have you previously appli	ed for a nomination from Rej	p. Ryan? □Yes □ No If yes, w	/hen:
Are you currently an activ	e participant of any of the fol	llowing:	
JROTC Civil Air F	Patrol (CAP) Boy/Gi	rl Scouts/Eagle Scout/Gold Awa	rd Mission Field



Application for Nomination to a U.S. Service Academy

ACADEMY PREFERENCE

Indicate below the U.S. Service Academy(s) you wish to attend. List them in priority order from the primary academy as number 1 down through your other selections in numerical sequence.

APPLICANTS MUST ONLY RANK THE ACADEMIES THAT THEY HAVE ALREADY APPLIED TO.

*Indicate a Yes or No for the Coast Guard	Academy	
Example: 1: USMA (primary) 2: USNA 3	: USAFA 4: USMMA	
U.S. Air Force Acad	emy	U.S. Military Academy
U.S. Merchant Marin	ne Academy	U.S. Naval Academy
U.S. Coast Guard Ac	cademy (A Congressional Nomination <u>i</u>	s not required for the U.S. Coast Guard Academy)
Confirm other nomination sources you ☐ U.S. Senator Kirsten Gillibrand ☐ U☐ OTHER (please specify):	J.S. Senator Charles Schumer	Vice-President ☐ President ☐ JROTC
APPLICATION AGREEMENT Please read the following paragraph be with the following statements.	fore signing the application, as yo	our signature indicates your agreement
It is my sincere desire to attend a U.S. See appointed. I understand that attending a sgraduation. I confirm that I have met all applied.	service academy also requires a minimum	of five years of military service following
I certify that the information I have provide changes or corrections to this information Additionally, I understand that I will not be incomplete or are not postmarked by Octo	n will be reported as soon as possible to be considered for a nomination if the req	correct to the best of my knowledge. Any Representative Patrick K. Ryan's Office. uired application packet documents are
By signing this form, I certify Representa materials related to U.S. Service Academ		name in press and official promotional
Signature:		Date:
Parent/Guardian Signature:(if under 18 years old)		Date:
	WALLET SIZE (2"x3") PHOTO Please permanently adhere	a
	current wallet size photograph here. It is recommended that applicar also include his/her name	
	and hometown written on the back of photo should the photo become detached	e ¦

during processing.
** NO STAPLES**



Application for Nomination to a U.S. Service Academy

RESUME (Maximum 2 Pages)

Applicants are required to submit their personal resume to provide a summary of their skills, abilities and accomplishments. Applicants are encouraged to include specific leadership positions and recognitions of achievements. **Applicants must include specific dates of involvement for each activity listed in their personal resume**. Please find below the resume template we are encouraging all applicants to use when submitting their personal resume (as part of their application) to Representative Ryan's Newburgh District Office.

FULL NAME FULL ADDRESS AND ZIP CODE PHONE NUMBER | EMAIL ADDRESS

EDUCATION

This section of the resume should contain the following information (if applicable):

- Name of high school(s) attended
- Name of Colleges/Universities attended (if applicable)
- Full School Address
- Dates Attended
- Graduation Date (anticipated)
- Relevant Subjects (courses pointing to your skills)

EXTRA-CURRICALAR ACTIVITES

This section of the resume should contain the following information (if applicable):

- School Activities
- Community Activities
- Religious or other social group activities
- Offices held within any of these groups

EXPERIENCE

This section of the resume should contain the following information (if applicable):

- All full and part-time work
- Any volunteer works

For each experience you should provide

- Beginning and ending employment dates
- Full name of employer (supervisor's or boss' name not needed)
- Business Address and zip code
- Type of Job title if any and specific responsibilities performed

Honors/Special Accomplishments

This section of the resume should contain the following information (if applicable):

- Awards and honors
- Specific Achievements
- Special Recognition

INTERESTS AND HOBBIES:

This section of the resume should contain the following information (if applicable):

- Hobbies
- Special talents
- Ways you spend your leisure time



Application for Nomination to a U.S. Service Academy

2023 PERSONAL ESSAY

ESSAY QUESTION: Why do you want to attend a U.S. Service Academy?

IMPORTANT: Applicants must submit their response to the essay question in the format outlined below

- 500 WORDS (MAXIMUM)
- TYPED
- DOUBLE-SPACED
- SIZE 12 TIMES NEW ROMAN FONT

Applicants are strongly encouraged to discuss the following when answering the essay question:

- 1. Experience(s) that demonstrate your leadership skills
- 2. Specific act(s) that you feel have prepared you for the rigorous challenges of attending a U.S. Service Academy
- 3. Motivator(s) (i.e., family members and/or a specific event) that generated your interest with U.S. Service Academies

LETTERS OF RECOMMENDATION

IMPORTANT: Each applicant is required to submit three (3) letters of recommendation with the option of submitting an additional two (2) letters of recommendation.

To ensure that the Letters of Recommendation are included in their completed application packet by the <u>October 31, 2023, deadline</u>, applicants are encouraged to contact well in advance the individuals they are requesting Letters of Recommendations from.

TO THE PERSON MAKING THE RECOMMENDATION: When writing the Letter of Recommendation, we strongly encourage for each recommender to consider answering the following questions in their Letter of Recommendation for the applicant:

- 1. How long have you known the applicant and in what capacity?
- 2. Describe the applicant's talents, strengths, and leadership ability.
- 3. How could this applicant improve to rise to the challenges presented by a Service Academy?
- 4. Do you believe the applicant plans to pursue military service as a career? Does he/she possess the maturity to fulfill the commitments and obligations that accompany a Service Academy education?
- 5. How does the applicant handle challenging situations and/or failures?
- 6. Do you know of any personal circumstances that might affect the applicant's performance at a Service Academy?

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U.S. Representative Patrick K. Ryan

Application for Nomination to a U.S. Service Academy

ADDITIONAL INSTRUCTIONS AND GENERAL INFORMATION

1. REQUIREMENTS

- a. **Eligibility.** Applicant must meet the following criteria to be considered for a Service Academy nomination.
 - Applicant must be a legal resident of the Eighteenth Congressional District (legal residence of custodial parent normally determines constituency should parents be divorced). To confirm residency, please visit www.house.gov.
 - Citizen of the United States.
 - Appropriate Age
 - Unmarried and have no legal requirement to provide support to a dependent.
- b. **Application Form.** The enclosed application forms must be completed and returned by the official deadline of October 31, 2023. Formal candidacy is established in Representative Ryan's office upon receipt of the completed application packet.
- c. Personal Resume.
- d. **Recommendation Letters.** Three recommendation letters must be submitted.
- e. **Transcript.** An official transcript of the applicant's high school record and if possible, class rank, which must be submitted. This transcript <u>must show the applicant's final junior year grades</u>. If the applicant applies before this information is available, it is the applicant's responsibility to request their guidance counselor send an up-to-date transcript and to keep records current.
- f. **Standardized Test Scores.** The SAT and ACT are required entrance exams recognized by the Service Academies for applicants admitted to one of the Service Academies. Applicants are responsible for registration of tests and sending their scores to the academy/academies and to **Representative Ryan's office**. Our ACT code is 7561 and our SAT code is 2880.
- g. **Qualifying Medical Exam.** The individual academies will recommend the scheduling of medical examinations to the Department of Defense Medical Review Board (DODMRB) after receipt of the pre-applicant questionnaire, which is used to open a pre-admission file at an academy. There is no cost to the applicant for this examination. Be sure to mail the appropriate yellow, white, blue, or green cards as soon as possible to the appropriate academy/academies. The results of this exam are not needed for the application file.
- h. **Interview.** Each applicant who completes a written application will be interviewed by Representative Ryan's Service Academy Selection Board. This is the final step in the nominating process. The board is comprised of members of the public (from the Eighteenth Congressional District), who are appointed by Representative Ryan to review all the applications, interview the applicants, and make recommendations to Representative Ryan on nominations. The applicant **MUST** receive a nomination from either Representative Ryan or one of the other eligible nominating authorities to be considered for acceptance to a Service Academy. Once the applicant's file is complete, they will receive further information on the scheduling of the interview.

2. BASIS FOR SELECTION

- a. Selections are made competitively based on a combination of *academic factors*, *leadership potential*, *extra- curricular activities*, *physical fitness*, *and letters of recommendation*.
 - i. Academic Factors. Competitive applicants for a Service Academy nomination will be considered based on their school records, class rank, grade point average, and standardized test scores (SAT or ACT). Normally, competitive applicants will have SAT scores that are above 600 on verbal and 650 on math, or ACT scores above 22 on verbal and 26 on math and will stand in the upper fifth of their class. The higher the applicant's scores and class standing, the greater the chances will be for a nomination, assuming her or she meets or exceeds the qualifications in the remaining areas of consideration.
 - ii. Extra-Curricular Activities. The most competitive applicants will be active in their communities whether at their schools, through volunteer work, or other activities. Representative Ryan's Service Academy Selection Board looks for highly motivated students who demonstrate leadership ability in their own community.
 - iii. **Motivation.** One of the most important considerations in the selection process is motivation the applicant's desire to attend an academy. It is also the most difficult to measure. To an extent, motivation can be judged by an applicant's diligence in completing their file, which is one reason those with incomplete files are not considered for nomination. In addition, applicants are required to write an essay on the reasons for wanting to attend an academy. **The essay can be an extremely helpful tool in the review of the application.**
 - iv. **Leadership and Physical Fitness.** Leadership potential and physical fitness are judged from the information provided on the application form. This information should be kept up to date. Unlike civilian colleges, Service Academies place strong emphasis on physical training. In addition, the academies, like civilian colleges and universities, place a high premium on leadership and extra-curricular activities. Therefore, consideration must be given to each applicant's proven ability in these areas. It is **strongly recommended** that the letters of recommendation and resume highlight any of the applicant's leadership skills.

3. OTHER COMMISSIONING OPTIONS

a. **U.S. Coast Guard Academy.** The U.S. Coast Guard Academy is proud to educate leaders of a multimission, maritime military force. As a commissioned officer in the Coast Guard, you will be leading a team of men and women who are continually called on to serve their community, country, and fellow citizens.

While the United States Coast Guard is notable as the oldest life-saving service in the world, its roles include more than just Maritime Safety and Security. The Coast Guard is also called upon for critical service in protection of natural resources, maritime mobility (management of maritime traffic, commerce and navigation), and national defense. The U.S. Coast Guard Academy campus is located on the Thames River in New London, Connecticut; the Academy provides a four-year Bachelor of Science degree program with a full scholarship for everyone. Each year, approximately 200 ensigns (or junior officers) are commissioned during graduation exercises in May.

Following graduation, newly commissioned ensigns report for duty aboard cutters and at sector offices in ports nationwide. Graduates of the academy are obligated to serve five years in the U.S. Coast Guard, though many choose to stay and make a rewarding, life-long career of their maritime military service.

The U.S. Coast Guard Academy does not require a nomination from either Representative Ryan or one of the other eligible nominating authorities to be considered for acceptance to the academy.

For additional information please visit the following website: http://www.cga.edu/

b. **Reserve Officer Training Corps (ROTC).** A great alternative to academy attendance is one of the Reserve Officer Training Corps (ROTC) programs offered by the three military services. ROTC is a four-year elective program that is offered on many college campuses. The ROTC program also offers full or partial tuition scholarships to qualified students. Completion of a Reserve Officer Training program will result in a commission as a Second Lieutenant or Ensign along with students who graduate from a military academy at the same time.

For additional information please visit the following websites:

- U.S. Army ROTC: http://www.goarmy.com/rotc.html
- U.S. Air Force ROTC: http://www.afrotc.com/
- U.S. Navy ROTC: http://www.nrotc.navy.mil/
- C. Officer Training and Candidate Schools. While duration and type of training varies among the Services, each teaches military subjects, leadership skills and physical training. The goal is to prepare recruits for the challenges of officer life, from managing others to understanding military culture and law. To learn more about specific programs and classes, visit the service-specific websites listed in the table below.

Army Officer Candidate School

- Duration: 12 weeks
- Rank upon Graduation: Second Lieutenant
 Location: Fort Benning (Fort Benning, GA)
- More Info: Army OCS2

Marine Corps Officer Candidates School

- Duration: 10 weeks
- Rank upon Graduation: Second Lieutenant
- Location: Marine Corps Base Quantico (Quantico, VA)
- More Info: Marine Corps OCS

Navy Officer Candidate School

- Duration: 12 weeks
- Rank upon Graduation: Ensign
- Location: Naval Station Newport (Newport, RI)
- More Info: Navy OCS

Air Force Officer Training School

- Duration: 12 weeks
- Rank upon Graduation: Second Lieutenant
- Location: Maxwell-Gunter Air Force Base (Montgomery, AL)
- More Info: <u>Air Force OTS</u>

Coast Guard Officer Candidate School

- Duration: 17 weeks
- Rank upon Graduation: Ensign
- Location: Coast Guard Academy (New London, CT)
- More Info: Coast Guard OCS

SERVICE ACADEMY SELECTION BOARD

OVERVIEW

Representative Ryan's Service Academy Selection Board is comprised of former and current service members who reside in the 18th Congressional District. Currently, there are members serving on the Selection Board who have graduated from each of the U.S. Service Academies that require congressional nominations (i.e. United States Military Academy, United States Naval Academy, United States Air Force Academy, and the United States Merchant Marine Academy).

GRADING RUBRIC

Part of Representative Ryan's Service Academy Nomination Application process requires each applicant to undergo an interview conducted by members of Representative Ryan's Service Academy Selection Board. In addition to the information provided in the applicant's application packet, the board members will use any information obtained from the applicant during the interview and apply it to board's scoring methodology.

The Service Academy Selection board uses a scoring methodology based upon the whole person principle to get a comprehensive composite of intelligence, leadership, engagement, confidence, and recommendations by others. In the scoring methodology, the Selection Board grades each applicant in the following categories:

- GRADES (i.e. Official High School Transcript and/or Official College Transcript)
- STANDARIZED TEST SCORES (SAT/ACT)
- EXTRA-CURRICULAR ACTIVITIES
- ATHLETIC PARTICIPATION
- LEADERSHIP ROLES
- PERSONAL ESSAY
- LETTER OF RECOMMENDATIONS
- PERSONAL INTERVIEW